

CRASHING INTO

POTENTIAL

Wellbeing Program Students Workbook



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Wellbeing

Overcoming Adversity Pillars

USE **GOALS** AS A ROADMAP

TAKING RESPONSIBILITY FOR OUR **CHOICES**

DEVELOP A **GROWTH** MINDSET

USE **PERSEVERANCE** TO ACHIEVE YOUR GOALS

SMAART Goals

S – **SPECIFIC** (WHAT DO YOU SPECIFICALLY WANT TO ACHIEVE?)

M – **MEASURABLE** (HOW CAN YOU MEASURE YOUR SUCCESS?)

A – **ATTAINABLE** (THE GOAL MUST BE ATTAINABLE)

A – **ASPIRATIONAL** (MAKE SURE THE GOAL IS ASPIRATIONAL)

R – **RELEVANT** (DOES THE GOAL HAVE RELEVANCE IN YOUR LIFE?)

T – **TIME SENSITIVE** (GIVE YOURSELF A TIMELINE)

WHO IS YOUR ACCOUNTABILITY PARTNER: _____

LONG TERM GOAL

Goals	Challenges

YEARLY GOAL

Goals	Challenges

MONTHLY GOAL

Goals	Challenges

WEEKLY GOAL

Goals	Challenges

DAILY GOAL

Goals	Challenges

Tom's Roadmap

LONG TERM GOAL

Goals	Challenges
Start my own coffee shop – Project Latte	- Money - Fear of failure - Business knowledge

YEARLY GOAL

Goals	Challenges
Complete business course at the top of the class	- Putting in the effort
Find the best location	- Knowing where is "good"
Learn marketing skills	- Affording it

MONTHLY GOAL

Goals	Challenges
Learn how to make good coffee	
Find and enrol in business management course	
Research other coffee shops	

WEEKLY GOAL

Goals	Challenges
Create a business plan	- How do I write a business plan?
Save X dollars	- Bills/expenses
Work X hours	- Time

DAILY GOAL

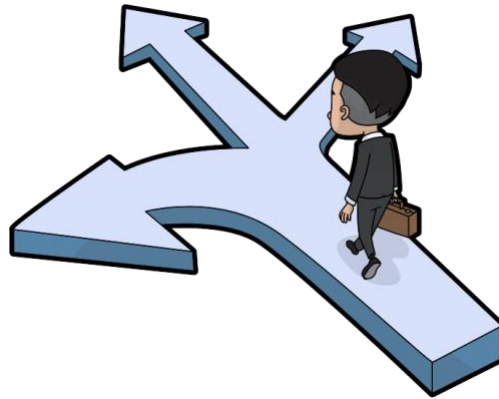
Goals	Challenges
Read books – Research coffee	
Make connections	- Finding people to connect with
Work X hours	- Restrict spending

Motivation

Think of a time when you felt really motivated to do something. What was it, and what made you so driven?

Write down 3 or more things that will keep you motivated to achieve your goals

1. _____
2. _____
3. _____
- + _____
- + _____
- + _____



Choices

Write about a time in your life when you experienced adversity. It doesn't matter if it was big or small, just write about a time in your life that was hard to get through.

COMMON ADVERSITIES PEOPLE FACE IN LIFE

Imprisonment

Major accident

Severe personal injury

Illness

Getting fired from work

Having a child

Parents lost their job

Financial difficulties at home

Parents divorcing

Break up with a partner

Changing careers

Trouble with boss

Increase in work hours

Failures at school

Being bullied

Living in an unsafe home or

neighbourhood

Expulsion from school

What choices do we have in the face of adversity?

Look at the adversity that you wrote down and tell me how it made you feel?

How could you have responded differently to make yourself feel better?

When did you make a GOOD choice?

How did it make you feel?

When did you make a BAD choice?

How did it make you feel?

How did I eventually move on after my accident?

Write 5 ways to take responsibility for our choices

1. *Stop blaming others – When you blame others, you give up your power to change.*

2.

3.

4.

5.

Did you take responsibility for your BAD choice or the way you felt? If not, what reason did you give?

Did you take responsibility for your GOOD choice or the way you felt? If not, what reason did you give?

What does 'TAKING RESPONSIBILITY FOR OUR CHOICES' mean to you?

What excuses could Tom have made for not starting Project Latte?

The Power of Choices

THE STORY OF NELSON MANDELA:

What do you think he meant by the quote “

“IF I HAD ALLOWED MYSELF TO BECOME BITTER, I WOULD HAVE DIED IN PRISON”?

Why do you think he chose to think like this?

How would you feel if this happened to you and what would you tell yourself in order to keep going?



Mindset

FIXED

GROWTH

In your own words, what is a **Fixed** Mindset?

In your own words, what is a **Growth** Mindset?

Reframing Your Mindset

WHAT CAN WE SAY INSTEAD?

FIXED MINDSET	GROWTH MINDSET
Instead of saying...	Try saying ...
I can't do this!	<i>Example – I need some help doing this</i>
This is too hard!	<i>Example – It will take me some time to get this</i>
I give up!	
I tried and I couldn't do it!	
It's good enough!	
I'm just not good at this!	
I'll never get this!	
I'll never be good enough!	
It will never work!	
I'll never be as smart as my friend!	
This is as good as it's going to get!	
I'm not very smart!	
I'm dumb!	
I'll never get the opportunity!	
I already know it all!	
That's too much effort!	
I don't need practice!	
It didn't work!	

Reframing Your Mindset

Identify a fixed or a growth mindset in yourself. Write down a time in your life that you either gave something up or put in hard work to achieve something

Write 5 areas of our lives that can be improved with a growth mindset

Example – school grades

1.

2.

3.

4.

5.

What would you say to Adam to help encourage him to try again and build a growth mindset?

Gratitude

Write one sentence about how you would feel if you lost everything

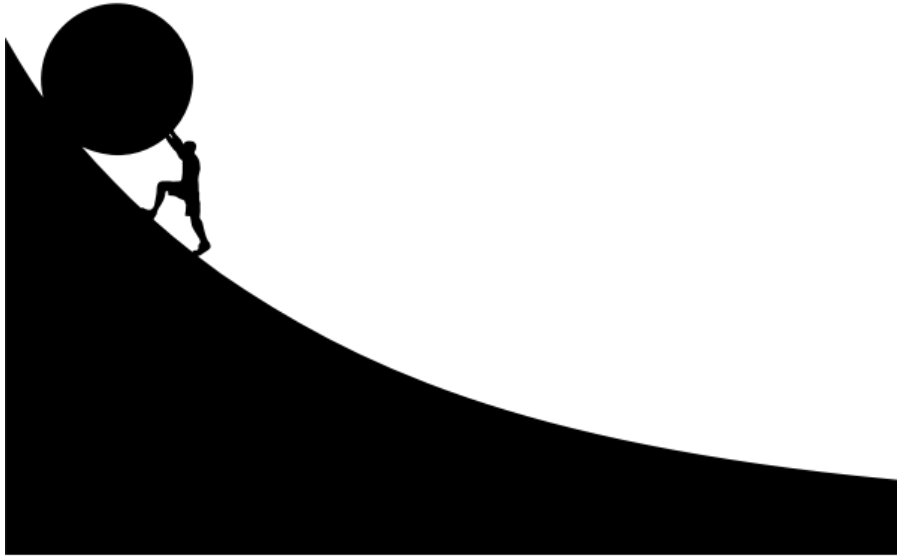
Write one sentence about how you would feel if you woke up and everything had been restored

Write one sentence about the way you feel when you think about something that you don't have

One thing that made you happy today:

One thing that makes you happy in life:

One person that you are thankful for today:



Perseverance

The Coronel Sanders

What's one lesson you've taken from the story of Coronel Sander and why?

What do you think motivated Coronel Sanders and why?

Give one example of a time when Coronel Sanders used a growth mindset

J. K. Rowling

What's one lesson you've taken from the story of J. K. Rowling?

Name one goal that J. K. Rowling had and how she used perseverance to achieve it.

What did J. K. Rowling and Coronel Sanders have in common?

Sir Richard Branson

What were the similarities between The Coronel Sander, J. K. Rowling and Sir Richard Branson?

What were they feeling at their lowest points?

The Coronel Sander: _____

J. K. Rowling: _____

Sir Richard Branson: _____

Which adversity was the hardest to overcome? Why?

How important are your accomplishments today and will they determine the person you grow up to be?

Recap

The Coronel Sanders:

- Born in 1890
- He lost his father at 6 years of age
- Left school and moved out of home at 13 years of age
- Joined the army at 16 years of age
- Married with 3 kids at 20 years of age
- Studied and practised law at age 20]
- Started a successful boat company at 30 years of age
- Took a job as a secretary at the Chamber of Commerce at 32 years of age
- Worked for Michelin Tyre Company
- Ran 2 service stations at 40 years of age
- He was a supervisor for 10 years
- Franchised his 'secret recipe' at 62 years of age
- Saw great success at 65 years of age
- 22,600 K.F.C stores
- 135 countries
- K.F.C is worth over \$8.3 Billion

J. K. Rowling:

- Born in 1960's
- Wrote her first story at 9 years of age called Rabbit
- She lived in different parts of the UK and each part gave her inspiration
- At 15 years of age her mother was diagnosed with MS
- 10 years later an idea came to her for a story, while she was waiting for a train
- That year her mother passed away
- Nine months later she moved to Portugal
- She fell pregnant for a Portugal journalist
- She lost her baby
- They tried again and were successful
- She married the journalist
- The marriage fell apart after the birth of her daughter
- She moved home
- In 1996 she finished her first ever novel
- Her novel was rejected by 12 publishers
- In 1997 her first-ever book was published
- Over the next 10 years she wrote 6 more books and made 7 movies
- Harry Potter movies made over \$7.7 Billion
- J. K. Rowling is worth over \$650 Million
- The Harry Potter Franchise is worth over \$25 Billion

Sir Richard Branson

- Born in 1950
- At 16 years of age, he started his first business – ‘Student’ Magazine
- In 1970 he started Virgin Records – He sold it 22 years later for \$1 Billion
- In 1984 Sir Richard Branson launched Virgin Atlantic
- In 1994 he launched Virgin Cola – *FAIL*
- In 2000 he started Virgin Cars – *FAIL*
- In 2003 he launched Virgin Ware – *FAIL*
- More *FAILURES*: Virgin Clothing, Virgin Cosmetics, Virgin Brides, Virgin Pulse Virgin Digital, Virgin Vodka, Virgin Whines, Virgin Student Social Media
- Sir Richard Branson’s net worth is over \$5 Billion



Discussion

Think-Pair-Share

Tell me 3 or more things that have stood out for you in this program and why.

Write a 4-step plan you can use next time you are faced with adversity

Step 1 - _____

Step 2 - _____

Step 3 - _____

Step 4 - _____

Step 5 - _____



Feedback

What did you like about the program?

What didn't you like about the program?

How likely are you to use the tools you have learnt in this program, next time you come up against adversity?

Was there anything that you didn't understand?

After doing this program what is one thing in your life that you would like to change?
